

Lincoln Participates in RSOI/FE 06

By MC1(SW) JOAQUIN JUATAI
Penny Press staff

Carrier Strike Group Nine (CSG) 9, led by Rear Adm. J. W. Goodwin, embarked on USS Abraham Lincoln (CVN 72) is currently participating in Reception, Staging, Onward movement, and Integration and Foal Eagle 2006 (RSOI/FE 06). The exercise, which runs March 26-31, is designed to demonstrate U.S. resolve to support the Republic of Korea (ROK) while improving overall readiness.

"The exercise will also help teach, coach, and mentor junior military personnel while exercising senior leaders' decision-making capabilities," said Goodwin.

CSG 9 includes Carrier Air Wing (CVW) 2, Destroyer Squadron (DESRON) 9, USS Abraham Lincoln, the guided-missile cruiser USS Mobile Bay (CG 53), and the guided-missile destroyers USS Russell (DDG 59) and USS Shoup (DDG 86).

"Foal Eagle provides the Abraham Lincoln Strike Group the opportunity to continue developing its partnerships with nations in the region to enhance security," said Capt. C. A. McCawley, Abraham Lincoln's commanding officer.

Cmdr. Glen Leverette of Commander Task Force 70 (CTF 70) based in Yokosuka, Japan, described Lincoln's role in



Photo by MC3 Jordon R. Beesley

An SH-60F Helicopter from Helicopter Anti-Submarine Squadron (HS) 2 cruises toward USS Abraham Lincoln (CVN 72) as the sun rises. Helo's and fixed wing aircraft play a big role in Foal Eagle.

RSOI/FE 06 as a vital one.

"Lincoln is here to support theater security, cooperation and engagement with the ROK and to reinforce the alliance we have," he said. "Our presence during the exercise is a visible, tangible expression of

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CSG 9 Partners with Republic of Korea

By USS ABRAHAM LINCOLN
PUBLIC AFFAIRS

USS Abraham Lincoln (CVN 72) hosted several Republic of Korea (ROK) military officials during Foal Eagle 2006 in the East Sea on March 29. General B. B. Bell, Commander, U.S. Forces Korea, along with Deputy Commander Combined Forces, Gen. Hee Won-lee and other senior

members of the ROK military flew aboard the aircraft carrier to witness an array of power projection from the sea.

Abraham Lincoln Carrier Strike Group Commander, Rear Adm. J. W. Goodwin, and Abraham Lincoln's commanding officer, Capt. C. A. McCawley, welcomed the group along with Carrier Air Wing (CVW) 2, Capt. Matthew Klunder, on the flight deck before touring the ship. The group

witnessed air operations from the flight deck and interacted with Sailors during the visit. The delegation also had a chance to view a vast display of weapons in the ship's cavernous hangar bay.

"The ROK continues to be a valuable ally and partner in the region and around the globe for regional peace and security,"

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Inside

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Local Stories

Spotlight Sailors



PHOTOS BY MCSN TIMOTHY ROACHE

AD2(AW) Helena Burke

AIMD/IM-2

Joined the Navy:

July 19, 1993

Advice to new Sailors:

"Always be a good team player."

Reason she joined the Navy:

"To get more money for college."

Something AD2 (AW) Burke is looking forward to:

"Just getting through this deployment and spending time with my family when I get back home."



YN3(AW) Gabriella Gonzales

CVW-2/ Admin

Joined the Navy:

Jan. 27, 2004

Advice to new Sailors:

"Maintain a positive attitude, well balanced life and take advantage of all the things the Navy has to offer."

Reason she joined the Navy:

"To travel, finish my education and to serve my country."

Something YN3 (AW) Gonzales is looking forward to:

"I am excited about the near completion of my bachelor's degree and I'm also looking forward to taking a week long vacation to Mexico."

Navy Marine Cors Relief Society is sponsoring another raffle. Pick up your tickets on the aft mess decks for one dollar each. Prizes include half of the earnings and duty free Hong Kong.



This week in



March 31, 1992

Lt. Cmdr. Wendy Lawrence becomes the first female line officer in the Navy selected to become an astronaut.

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

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	MCSN James Evans
	MCSN Mary Guiney
	MCSN Timothy Roache
	ET3 George Mann
Webmaster.....	

Column

Wanted: Hybrid Sailors

By **FLTCM(AW/SW) JON R. THOMPSON**
Special to the Penny Press

From everything I hear, the Littoral Combat Ship (LCS) is entering the fleet with a splash. The LCS is small, fast and lethal. What's more, the Sailors who serve aboard this new class of ships are going to find the assignment completely unique.

The LCS is a networked, agile and stealthy surface combatant. In addition to the core missions, the ship will utilize reconfigurable mission modules that will allow the ship to counter threats from surface craft, submarines and mines. Having a full-load displacement draft of only 10 feet, the ship will have the ability to access very shallow waters.

The core capabilities include mobility; special operations forces; intelligence; surveillance; reconnaissance; maritime interdiction operations; homeland defense; anti-terrorism force protection; and the three focused missions that combatant commanders need to counter: mine and undersea warfare, anti-submarine warfare, and surface warfare.

The open architecture will allow missions modules to be loaded on and off the ship in a relatively rapid period of time. This flexible feature allows theater commanders to dictate what the mission of the ship is, on the day that he needs it, rather than having to rely on outside ship-

yards or upgrades that take long periods of time, and cause mission delays.

The ships are configured with a helicopter deck and hangar. The deck is capable of launch and recovery of the MH-60R/S helicopter and tactical unmanned air vehicle. The ships can carry out aircraft launch and recovery in winds up to 27 knots and average wave heights between 6.4 feet and 9.6 feet. The ships will be capable of launching and recovering watercraft within 15 minutes in waves up to 5 feet and winds up to 21 knots.

The flexibility of the LCS to perform many different missions, with a relatively small crew, makes this ship extremely attractive to our Navy. Staffed by a crew ranging in size from 15 to 50, the nucleus crew will be augmented by special mission crews that will embark on a mission-need basis. In total, the ship can berth approximately 75 people. Each ship will also have two crews, a blue crew and a gold crew. Each crew will have a commanding officer, executive officer and a command senior chief. Unlike most ships, the only two people aboard this type of ship that won't stand a watch are the CO and XO. The command senior chief will, in addition to his or her normal duties, stand watch as an officer of the deck (underway).

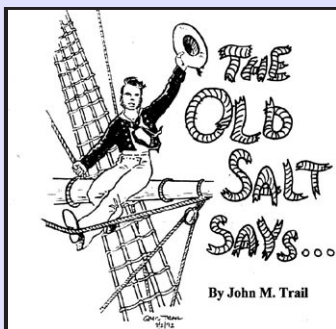
Shipmates, the LCS is simply incredible. As much as I could go on and on about the technical capabilities of this



new type of ship, I'm more interested in generating your enthusiasm for duty aboard this new ship class because of what it will mean to our Navy and perhaps to your own career.

While there is some debate about the total number of ships that will be built, we will have many of them. Some suggest we may have 50 or more. For every Sailor who ever felt lost among a crew, this ship offers a chance to serve that will ensure you are an integral part of the ship and its mission. The LCS will have no extra personnel. There will be no wasteful duties and no Sailor assigned

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“Jacob’s Ladder”

Did you ever wonder where the term “Jacob’s ladder” came from? This term for a portable ship’s ladder put over the side and used mainly for the embarking and disembarking of the Harbor Pilots came from the Bible, Book of Genesis, where it describes the dream in which Jacob saw a ladder ascending from Earth to Heaven. The first time one climbs up the side of a large ship at Sea, with her pitching and rolling to the swells, and the ladder swinging to an fro, they’ll find it easy to understand why it’s named after Jacob and his dream!

Local News

CNO says 'Digital in, Utilities out'

BY MC2 MICHAEL COOK
&
MCSN JUSTIN BLAKE
Penny Press staff

Sailors throughout the Navy will see some drastic changes in the way they dress in the near future, regardless of their rank, according to NAVADMIN 070/06.

Released by Chief of Naval Operations (CNO) Adm. Mike Mullen on March 2, the message provides the final approval to implement a new working uniform for E-1 through O-10 and a new year-round service uniform for E-6 and below.

The Navy spent the last three years completing the first phase of Task Force Uniform (TFU), with the help and input of wear-testers throughout the fleet wearing a variety of different uniforms.

Aviation Electrician's Mate 2nd Class Ian McManus, of USS Abraham Lincoln's (CVN 72) Aircraft Intermediate Maintenance Department, had the opportunity to wear-test the newest working uniform, officially called the Navy Working Uniform (NWU). McManus wore four different versions of the NWU during his eight-months of wear-testing while he was stationed in Brunswick, Maine last year.

"I wore both the woodland and digital camouflage patterns of the working uniform," McManus said. "They each had two versions, with different styles. I like the digital cammies because they ultimately fit [the] best."

Through a schedule issued by TFU, wear-testers wore several versions of every aspect of the potential uniforms, according to McManus.

"They had a schedule for us, so that every wear-tester in the Navy was wearing the same uniform on the same day," he said. "That gave us the chance to wear every cover, belt, boot and piece of clothing that they issued [to] us."

Complete with an elastic waistband and a zipper fly, McManus said that the NWU is much more comfortable than any other uniform in a Sailor's current sea bag.

"The biggest plus for me was the zipper fly versus button fly on the cammie pants," he said. "It makes a big difference when you go to put them on, and when you have to use the head. They also issued us [navy blue and white] Under Armour T-shirts, which were a lot more comfortable than the standard-issue cotton shirts."

Although the message doesn't state whether the popular performance apparel T-shirts will be a part of the uniform, it does cover nearly every other aspect of the clothing revisions.

The final version of the NWU consists of blue digital-camouflage for most shore and sea-going commands, and a



Photo by JO1 Matthew Chabe

Two Sailors pose aboard USS Constitution wearing the blue digital patterned battle dress uniform concept. Chief of Naval Operations Adm. Mike Mullen approved plans for a single working uniform for all ranks, E-1 to O-10.

woodland or desert pattern for those in an area requiring that type of uniform. The NWU also features an eight-point cover, tactical pockets on the sleeves, and black leather boots. For shore commands, Sailors will have the option of wearing black suede boots, while those in sea billets will still wear black-polished boots.

For McManus, the opportunity to wear-test the NWU showed him what the future of Navy attire will hold in the years ahead. Although not expected to hit the fleet until fall of 2007, McManus said that the NWU is his favorite uniform overall.

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Features

ABHs make sure Abe's flight deck, hangar bay keep them flying

By MC3(AW) M. JEREMIE YODER

Penny Press editor

Covered in non-skid and draped with airplanes, the hangar bays of USS Abraham Lincoln (CVN-72) serve as the kitchen to the flight deck's dining room; functioning as the point of origin for every mission-related evolution that happens here.

Air department's third division, V-3, is comprised of Sailors in the rate of Aviation Boatswain's Mate (Handling), and it is these Sailors that are responsible for the safe and efficient moving and storage of all aircraft, both fixed and rotary winged, that enter into the hangar bays.

Because the job of an ABH is arduous, and at times, tedious, it takes a unique individual to succeed in the environment.

Aviation Boatswain's Mate (Handling) Airman Julio Ponce-Marin, a blue shirt in V-3 said, "Sometimes it [the job] can be very relaxed, but when we have planes on board it can be a really hard job because you are moving a multi-million dollar plane around while the ship is moving really fast."

Being responsible for the safe movement of an airplane as well as the crew that is moving the plane is a substantial responsibility, said Ponce.

As is the case on any ship in the U.S. Navy where the rate of ABH is employed, there is a distinction made in V-3, by virtue of shirt colors; between those Sailors who are in charge, the yellow shirts, and those who are responsible for carrying out the work, the blue shirts.

As a blue shirt, Ponce is responsible for chocking and chaining an aircraft after it has already been moved as well as making sure that the chains that are already attached are tight. It is also important to do exactly what the yellow shirts say to do he said.

The goal of every blue-shirt, whether

in the hangar bay or on the flight deck, is to become a yellow shirt, said Aviation Boatswain's Mate (Handling) 1st Class (AW) Alton Keith, V-3's leading petty officer.

While a blue shirt carries out the majority of the work that is done in the hangar bay, the yellow shirt spends his or her time directing traffic — both in a literal and figurative sense.

A Sailor earns the yellow-shirt, regardless of rank or paygrade, by proving to their chain of command that he or she knows the job, can do it proficiently, and has good leadership qualities, said Keith.

"Those of us with a yellow shirt on are the leaders of the flight deck and hangar bay," Keith said. "Because we have it on, you expect us to have the answers."

Movement from a blue-shirt to a yellow-shirt is less an issue of time than it is an issue of hard work and motivation, said Keith.

Though there are primarily only two shirt colors within the ABH community there are certainly more than two jobs to be done.

The hangar deck is divided into three separate bays, and, as such, there are three different crews. Within each crew there are tractor drivers, plane handlers, and plane directors, while other jobs such as damage controlmen and elevator operators are filled by personnel that may work in various bays.

Regardless of the Sailor's shirt color, many are drawn to become an ABH simply because they really love the job.

Aviation Boatswain's Mate (Handling) 3rd Class (AW) Jermaine Smith said that when he came to the ship, he was originally planning on striking Operation Specialist, but once he got



Photo by MCSN Timothy Roache

Abe's V-3 Sailors are not only responsible for the movement of the aircraft, during General Quarter's Drills, the yellow and blue shirts respond to any aircraft fire in the hangarbays.

into V-3 division he discovered that he really enjoyed the hands-on aspect of working with the aircraft as well as the opportunity to interact with and lead the young Sailors around him.

Smith is not the only V-3 Sailor who really enjoys his job.

Keith said he joined the Navy out of high school specifically to work with aircraft on a carrier.

"I absolutely love it. I love being an ABH," said Keith. "I have done what I wanted to do, my whole career."

Regardless of your job in the Navy, it is a positive attitude and a good work ethic that will really carry you through the hard situations aboard Lincoln and in life, said Smith.

"Set goals for yourself and get more out of the Navy than what the Navy gets out of you," he said.

It is also important, said Ponce, to rely on the wisdom and insight of the senior personnel who have gone before you and have already done the things you are now doing.

As the Lincoln continues to steam across the western Pacific Ocean, it is these Sailors and others like them, who daily dedicate themselves to hard work and excellence, which allows this war-fighting team to operate at its peak performance.



photo by MCSN Evans



photo by MCSN Evans



photo by MC3 Beesley



photo by MC3 Beesley



photo by MC3 Beesley



photo by MCSN Lewis

week at a glance

Local News

7th Fleet Civilian Clothing Guidelines for Abe, CVW-2

By MC1(SW) JOAQUIN JUATAI
Penny Press staff

As Sailors aboard USS Abraham Lincoln (CVN 72) prepare for the first port call of their deployment, many questions have arisen as to what the civilian clothing policy will be for our visit. One of the major concerns as Sailors leave to go on liberty will be that they are appropriately attired.

According to the guidelines, "each individual, whether military or civilian, is an ambassador of the United States and the U.S. Navy while in this area of responsibility (AOR). As such, individual dress, attire and conduct should reflect credit upon oneself, the U.S. Navy and the United States."

Here are guidelines for civilian attire in the 7th Fleet AOR:

Always present a neat and clean appearance

No shower shoes. Sandals with straps such as Tivas or other sports sandals and women's sandals are appropriate.

No "active wear" or PT gear. Clothes that are meant to work out in should only be worn when working or in the gym. There are some clothes that can be worn in public and also be worn to work out in. If those clothes are neat, clean and presentable, they can possibly be casual wear.

Your pants or skirt should cover whatever is under them – no "sagging", no undergarments visible. No underwear of any type visible.

No extremely baggy, too long, or excessively frayed pants.

No mini-skirts.

No undershirts worn as outer shirts. No "dap caps" or do-rags.

No exposed midriffs (no bellies).

Remember, part of good citizenship abroad includes the first impressions we make in our host countries. How we dress and present ourselves has a direct reflection on how our hosts perceive us.

DIGITAL *Continued from page 4*

"If I had my choice, I'd still be wearing my cammies right now," he said. "They're just so much more comfortable, even more than the coveralls. Compared to anything we have right now, this uniform is much better."

Along with the NWU, the Navy announced that Sailors E-6 and below will be wearing a single year-round service uniform. This uniform will replace the winter working blues and the summer working whites from the sea bag.

The approved service uniform will be

comprised of a short-sleeved khaki shirt or blouse, with black pants or an optional skirt for females. For petty officers, small silver rank insignia will be worn on the collars, and will also include a black jacket with metal collar insignia.

The NAVADMIN message also states that tropical uniforms are being eliminated throughout the entire Navy in place of the new uniforms, while the service dress uniforms will not change for any Sailor... yet. According to the message, TFU is evaluating the current officer and enlisted dress uniforms for possible changes in the future.

TFU is now in the second phase of the uniform revision process and is assessing the costs and exact date when the new uniforms will be issued. Once the new uniform items are fully adopted, Sailors will receive a uniform allowance to purchase the new items, according to the NAVADMIN.

TFU also plans to consider additional items in the near future, to include: a service dress khaki uniform for chiefs and officers, a ceremonial cutlass for chiefs and a Navy-wide physical training uniform.

VISITORS

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said Goodwin.

He added that "the U.S. appreciates how the ROK military has enhanced their modern navy and her capabilities into the 21st century, and appreciates the opportunity to bring a carrier to Korea."

The Abraham Lincoln Carrier Strike Group is currently on a scheduled Western Pacific deployment to conduct exercises and strengthen relations with allied nations. The aircraft carrier is based in Everett, Wash.

(Right) Commander United Nations Command/Combined Forces Command/United States Forces Korea General B.B. Bell discusses the capabilities of the F/A-18E Super Hornet with Lieutenant Mitchell Koch of Strike Fighter Squadron Three Four (VFA-34) during a visit to USS Abraham Lincoln (CVN-72).



Local News

FLTCM

Continued from page 3

will perform meaningless work. Every Sailor counts.

The two-crew concept has many merits. While one crew is at sea, the other will be ashore training. This rotation allows the ship to be deployed to a greater extent, maximizing the ship's operational impact to the fleet, yet protecting the individual deployment tempo of the crew. I see this as a win-win concept. Proven for years aboard ballistic missile submarines, having two crews is not a unique idea. The Navy has seen many successes in this area and if you truly want to learn more about the merits of two crews, ask any submariner that has served aboard an SSBN and get his opinion.

Having served aboard many ships, including aircraft carriers, I can tell you the advantages of serving aboard such a small ship seem great. If you think you might like serving in a command where your efforts truly matter, where you know for sure others depend on you, where you perform many diverse jobs, where you split your time aboard the ship and ashore, and where you serve on sea duty yet have the ability to further your education ashore, the LCS might be right for you. The "hybrid" Sailors who man these new ships will develop skill sets not possible aboard many other Navy ships. If you think you're up to the challenge, and belong to a surface rating, contact your detailer and look into the possibility of serving aboard an LCS – the Navy is looking for some great Sailors, are you one of them?

Across

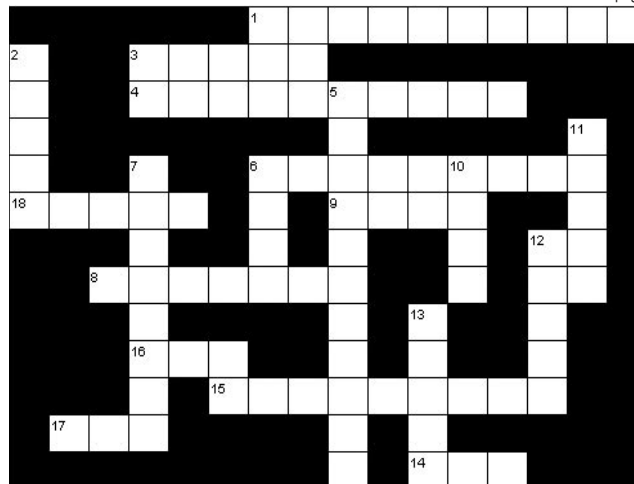
1. Used to measure the depth of the water under the keel.
3. Flag used when receiving a ship alongside.
4. An instrument for determining the distance to an object of known height by measuring the angle subtended at the observer by the object.
6. Instrument for measuring atmospheric pressure.
8. A Vertical shaft machine used for handling lines or wires on its drum.
9. Flag for HERO condition.
14. CDC's Seventh Module.
15. Link-11, used by E-2 to send/receive/relay data.
16. Acronym for Undersea Warfare.
17. "____" Guard.
18. Antennae used as homing device, providing bearing and range to aircraft.

Provided by Lt. Alana Garas

Warfare Crosswords

Test your ESWS/EAWS Skills

Answers on next page



Down

1. A long, tapered tool used for opening strands in line for splicing.
2. Fuse for a projectile that can be detonated by remote control, variable timing.
5. A tapered steel tool, used for opening strands in wire rope for splicing and inspection.
6. Acronym for "ship" used by aviators.
7. Means to launch aircraft from the deck, 4 onboard.
10. Line command given to let the line out until it is under less tension but not slacked.
11. Flag used for refueling & ammunition handling.
12. Flag used for Man-Over-board.
13. Line command given to stop the capstan or stop heaving around.

EAGLE

Continued from page 1

our nation's commitment to their [ROK's] defense."

According to Leverette, the war-fighting skill sets Lincoln and Carrier Air Wing 2 will rehearse include close-air support for ground units, air-to-air defense exercises, maritime interoperability training and expeditionary operations.

"An exercise like this crystallizes Lincoln's role as a command-and-control node," said Leverette. "Without Lincoln's communications suite, this exercise would

be nearly impossible."

Leverette stated that Foal Eagle is the largest concentration of surface and air forces that participate in field training exercises on the Korean Peninsula.

"It involves more than 70 ships, 80 aircraft, and all four services of both the U.S. and ROK armed forces. Everyone is involved," he added

The ROK and U.S. navies will conduct an officer exchange program during the exercise. Five ROK naval officers will embark Abraham Lincoln to train with the ships' crew.

Gen. B. B. Bell, Commander, U.S. Forces Korea, said Foal Eagle presents a great training opportunity, but urged leaders to be familiar with the risks involved.

"The success of this exercise will be measured, among other things, by how safely we conduct the operation," said Bell.

CSG 9 is on a routine deployment in the Seventh Fleet area of responsibility (AOR) to conduct maritime security operations and to train with its coalition partners.

Crossword Answers

Down:

1. FID
2. HE-CVT
5. Marlinspike
6. Boat

7. Catapult
10. Ease
11. Bravo
12. Oscar
13. Avast

Across:

1. Fathometer
3. India
4. Stadimeter
6. Barometer
8. Barometer
9. Lima
14. Top
15. Alligator
16. USW
17. Rat
18. TACAN

Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo by MC3 Jordon Beesley

Sailors move supplies on Abe's flight as the USS Stethem (DDG-63) passes by the stern during an underway replenishment (UNREP). Abe received 719 pallets of supplies and mail Mar. 25 from USNS Concord (T-AFS-5).

USS Abraham Lincoln Safety
Department's

Safety Sailor of the Week



**Seaman
Michael Sullivan**



On the Fantail, Seaman Michael Sullivan observed Operational Risk Management and protected himself by wearing the Proper Protective Equipment (PPE) required for the job.

Sullivan's concern for safety by wearing hearing and eye protection and a safety harness makes him this week's "Safety Sailor of the Week."

Editor's Top 10

Exercises Abe isn't too proud of...

10. Operation Lost Spoons. Crew goes spoonless for months. Many resort to using self made "sporks."
9. Operation Cable Bill. Direct T.V. goes out because the bills weren't paid. Numerous Sailors admitted to Abe's psychiatric ward.
8. Operation Liberace. Instead of using stealth, Abe flamboyantly lets various countries know, "we're here."
7. Operation Upper Lip. LCPO's go crazy... Force subordinates to grow mustache's.
6. Operation Hollywood. One word: Stealth.
5. Operation FOD Walkdown. After loosing his pet kitty, "Bootsie," the Handler ups amount of walkdowns each day.
4. Operation AIS. ADP gets so strict, vowels and constants are banned from e-mail.
3. Operation KRUIZ. For EMI, many Sailors forced to listen to Big Tex's country show.
2. Operation Spam. Continually getting e-mails to increase your "size," every five minutes. Mom's e-mail takes months.
1. Operation Wang Chung... Nuff Said.